

The Lunch Line

Bureau of Nutrition, Health and Transportation Services

The Iowa Department of Education

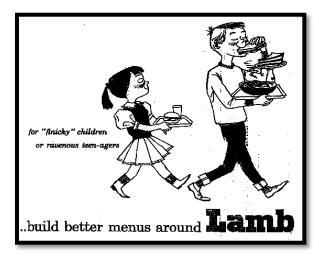
Please route to:	P	eas	se	rou	te	to:
------------------	---	-----	----	-----	----	-----

- □ Food Service Director
- ☐ Kitchen Staff
- ☐ Record Keeper ☐ Principal
- □ Superintendent

Published in Fall, Winter, Spring, and Summer

Fall, 2010

History of the Food Distribution Program for Schools



Picture from an advertisement in the School Lunch Journal, January 1961.

The role of commodities has changed throughout our history, beginning in the 1930s when crops were left to rot in fields during the depression because families did not have money to buy food. Today, after many laws and regulations, the priority is to bring healthy food into the schools to help combat childhood obesity. Since 1935 and the passage of PL 74-320, funds have been available to provide surplus food to school lunch programs.

In the 1970's schools complained loud enough about the raw form

of commodities received that in 1981 Congress authorized a three year study of two alternatives to the commodity program beginning in school year 1983. Thirty-two school districts in the United States were given a voucher system called Commodity Letter of Credit or CLOC. This allowed for purchase of food, which was designated as price support or surplus, in a form they could use best. Thirty-four additional schools were given cash. Congress recommended discontinuing these systems, but allowed the thirty-two demo sites only to remain on CLOC. Aplington-Parkersburg CSD participated in this study and continues to use this system today.

An advertisement from the School Lunch Journal in 1961 describes lamb (which was available on a limited basis) winning the approval of "hungry big boys, too." Another advertisement boasts a tamale casserole recipe with two "USDA donated foods: Ripe Olives and corn meal."

Today, more than 180 different products are available from USDA. Lamb still makes the list, but olives do not. Over the past two decades improvements have been made to the nutritional profile of food including lower salt, sugar, and fat.

Fresh fruits and vegetables are now available through a partnership with the Department of Defense. The list of whole grain items is increasing.

(Continued on Page 2)

Inside this issue:

History of the Food
Distribution Program
for Schools1
101 3010013
Warrant Inserts
Going Electronic!2
8
Farm to School News2
Summer Food Service
Program Success Story2
,
Steps for Using Informal
Purchasing Procedures3
How to Reach
The Bureau of Nutrition,
Health and Transportation
Services 3
Healthy Kids Act
Revisiting Your Local
Wellness Policy4
New Bureau Chief5
HealthierUS School
Challenge Award



is in Iowa!.....6

Power Panther™

History of the Food Distribution Program (Cont'd from Page 1)

An initiative to improve the public perception of commodities began in 2006. One of the early decisions was that a name change was necessary to change the perception of "donated" food. Commodities became "USDA Foods." You will see more about this initiative in the years to come as different strategies make their way to child nutrition professionals, media, school administrators, parents, and children.

Stay tuned for new products that are working their way to your program.

Commodity Q & A's

If you go to the following web site http://www.iowa.gov/educate/index.php?option=com_content&task=view&id=367&Itemid=1323 you will find information on the commodity food distribution program including several often asked questions. Go to the link: Commodities FAQ and click on link. It will take you to several current questions and answers pertaining to the commodity food program.

Farm to School News



Are you enjoying some fresh from the orchard apples this year or cucumbers from the local farm garden? If so, you are among an increasing group of schools buying locally. USDA and Iowa Department of Agriculture and Land Stewardship offer resources to help local schools with locating and using correct purchasing procedures. Additionally, the Bureau of Nutrition Programs Farm to School webpage includes PowerPoint slides from a presentation given cooperatively with Iowa State University Extension, and a Standard Operating Procedure (SOP) on fresh produce purchasing that you can adopt for your HACCP Policy book.

USDA Farm to School website:

http://www.fns.usda.gov/cnd/F2S/Default.htm lowa Department of Agriculture and Land Stewardship Farm to School website:

http://www.iowaagriculture.gov/AgDiversification/farmToSchoolProgram.asp

Bureau of Nutrition Programs Farm to School webpage: http://www.iowa.gov/educate/index.php?option=com_c ontent&task=view&id=1382&Itemid=2354

Warrant Inserts Going Electronic

When: Effective immediately. Paper copy of warrants will no longer be sent to SFAs or LEAs. Paperless warrant inserts will help save mailing costs and also protect the environment by going Green. This does not mean all mail correspondence will be eliminated, but we are taking steps to sending communication electronically rather than utilizing the postal mail.

Why is this important: The purpose of warrant inserts is for the Bureau of Nutrition, Health and Transportation Services to communicate important reminders and regulation updates as related to School Lunch Program, School Breakfast Program, Fresh Fruit and Vegetable Program, Afterschool Snack Program, and other federally funded child nutrition programs.

What should the SFAs/LEAs do? The authorized representative at each SFA/LEA should check the contacts tab in the SFA application of the CNP 2000. The email addresses of the contacts provided must be current and correct. Someone at the SFA/LEA must take the responsibility to ensure this information is kept current. The superintendent and authorized representative must also take steps to route the electronic warrant inserts to persons at the SFA/LEA. The Authorized Representative in each district/school/organization is responsible to ensure compliance with regulations.

Summer Food Service Program Success Story

Jefferson-Scranton Community School District offers a Summer Food Service Program to children in the community. They partner with the library that brings books and education activities to the feeding site for the children to utilize before and after the meal service. Each week the library comes with new books and new activities. They also partner with community groups and businesses to read to the children before and after the meal service. One example was the local PAWS (People Helping Animals) organization. They also had weeks assigned to the high school football and baseball teams to read. They plan to continue and expand this effort next summer as they saw a 13% increase in participation from the summer program in 2009.

Steps for Using Informal Purchasing Procedures

Informal purchasing can be used when the SFA/USDA formal procurement threshold has not been met. Informal purchasing just like formal purchasing must be procured with the opportunity for maximum fair and open competition. This means that more than one potential vendor is contacted and asked to submit a bid.

When purchasing locally grown produce, you will want to use the geographic preference option. This option can only be used to purchase unprocessed locally grown or locally raised agricultural products that have been minimally processed and this processing cannot alter the inherent character for a product. For example peeling, slicing, dicing, cutting, or grinding would not alter the inherent character.

Additional information can be found in the USDA 08-2010, a memo located on the USDA web site -- http://www.fns.usda.gov/cnd/governance/policy.htm .

Specifications should not be developed that are so restrictive that open and free competition is not possible.

Once determined that informal purchasing procedures can be used, the following requirements should be met:

- Notify prospective bidders (vendors) of the intent to purchase the foods, supplies, or equipment.
- 2. Provide bidders (vendors) product specifications, the period of time the bid price must be honored (week, month, semester, etc.), general purchasing conditions and any other information needed for the bidder to properly respond. It is recommended that this information be in writing to facilitate distribution of the information to potential bidders. This will also insure that all potential bidders are getting the same information.
- Obtain price quotations from the bidders (vendors). The price quotes may be obtained in person, by telephone, or in writing using a price quote worksheet or catalog price information. Price quotes may be mailed, e-mailed or faxed.
- 4. Document the prices quoted.

5. Award the bid to the bidder (vendor) with the lowest price for the quality specified. If the lowest price is not awarded, document reasons for selecting a higher price. Any and all bids may be rejected if there are sound documented reasons.

If you have questions, contact your consultant.

How to Reach the Bureau of Nutrition, Health and Transportation Services

GENERAL OFFICE	(515) 281-5356
Benson, Cheryl - SE Iowa	(515) 868-2847
Cheryl.Benson@iowa.gov	
Delger, Patti – Team Nutrition	(515) 281-5676
Patti.Delger@iowa.gov	
Feilmann, Ann - Chief	(515) 281-4757
Ann.Feilmann@iowa.gov	
Fiegen, Sandra - Eastern IA	(515) 281-5750
Sandra.Fiegen@iowa.gov	
Flaws, Dean - Commodity	(515) 281-4032
Dean.Flaws@iowa.gov	
Harding, Patti – SP/Financial	(515) 281-4754
Patti.Harding@iowa.gov	
Heikenen, Jane – Central SP	(515) 281-4753
Jane.Heikenen@iowa.gov	
Jepsen, Marlene – NW Iowa	(515) 681-5752
Marlene.Jepsen@iowa.gov	
Loney, Janelle - Secretary	(515) 281-5356
Janelle.Loney@iowa.gov	
Madsen, Mary Kay – NE Iowa	(515) 681-2303
MaryKay.Madsen@iowa.gov	
Miller, Ellen - IT	(515) 281-4542
Ellen.Miller@iowa.gov	
Patel, Keerti – Central Iowa	(515) 281-3353
Keerti.Patel@iowa.gov	
Scheidel, Carrie - FFVP/SFSP	(515) 281-4760
Carrie.Scheidel@iowa.gov	
Steffen, Jan – SW Iowa	(515) 681-2301
<u>Jan.Steffen@iowa.gov</u>	
Teran, Alicia - Clerical	(515) 281-4751
Alicia.Teran@iowa.gov	
Yetmar, Jaci – N. Central	(515) 681-2302
<u>Jaclyn.Yetmar@iowa.gov</u>	



Revisiting Your Local Wellness Policy to Include Healthy Kids Act

Healthy Kids Act brings an opportune time to evaluate and update your wellness policies.

A second piece of the Healthy Kids Act, in addition to the physical activity minutes required daily, has become effective with the beginning of the 2010-2011 school year. School districts across the state are implementing that piece – the nutritional content standards – to ensure their vending machines, a la carte sales, and regulated fundraisers are in compliance with the law, which became effective July 1, 2010. As schools make changes in the foods they sell to students during the school day and to the amount of physical activity they offer, they are in an ideal position to re-examine their Local Wellness Policies to make sure they comply with the Healthy Kids Act.

The new Iowa law does offer an opportunity for all districts to update Local Wellness Policies to reflect the changes initiated by the Healthy Kids Act. The Healthy Kids Act standards should be stated in the district's Local Wellness Policy, and shared with staff members, parents, school board members, and students. Making the school wellness policy available to all adults and students in the community is an excellent way to communicate a school's wellness environment expectations.

In 2006, each policy required the following:

- Goals for nutrition education, physical activity, and school-based activities to promote student wellness
- Nutrition guidelines for all foods available on the school campus and for school meals
- A plan for measuring implementation
- Involvement of parents, students, school administrators, and members of the school board and the community

As a result of the Healthy Kids Act, several areas of the policy will need to be updated. Many districts adopted the lowa Association of School Board (IASB) sample wellness policy in 2006 and individualized it to meet the needs and abilities of their school. It is recommended that schools continue to individualize their policies while incorporating the requirements of the Healthy Kids Act, including:

Physical Activity - Ensure that the Healthy Kids Act requirements for grades K-5 (30 minutes daily) and grades 6-12 (120 minutes/week) are clearly stated and include a plan for implementation. Take this opportunity to revise existing physical activity goals or set new targets.

Nutrition Guidelines for All Foods Available on Campus - Include a statement that ensures foods and beverages sold in your district as part of a la carte, vending, and regulated fundraising during the school day will meet the Healthy Kids Act Nutritional Content Standards. You can also address ways your school will go above and beyond the Healthy Kids Act by setting guidelines for classroom parties, concessions, and using food as a reward.

Fundraising and School-Sponsored Events - Ensure that all fundraisers directed toward students during the school day meet the guidelines of the Healthy Kids Act. Consider extending this beyond the bell to send consistent health messages to students.

Plan for Measuring Implementation - Discuss who in your district will be responsible for compliance with the law. Recommendations from the IASB sample policy are:

- The superintendent will ensure compliance with district policies
- The principal will ensure compliance with policies in the school and report to the superintendent
- Foodservice staff will ensure compliance with nutrition policies and report to the principal or superintendent
- The superintendent will provide a wellness policy every 3 years to the school board

In addition to addressing the required areas of the Healthy Kids Act in your district policy, consider revisiting the *Communication with Parents* section. You can encourage them to send healthy foods to school in sack lunches and for classroom parties. *Staff Wellness* is also an area that could be addressed, as school staff can be encouraged to model healthy food choices and activity behaviors to students.

Is it time for an evaluation of your school wellness efforts?

Your wellness policy should be a living document. Are you following your policy? Do your staff, students, parents, and school board members know what is in the policy and follow it? School boards should be anticipating

(Continued on Page 5)

Healthy Kids Act (Cont'd from Page 4)

reports as a result of the Healthy Kids Act nutritional content standards becoming effective this fall.

Now is an ideal time to closely evaluate your policy's effectiveness and to set new goals for the future for school wellness.

A newly updated/revised IASB sample wellness policy, which includes Healthy Kids Act legislation, can be found at http://www.ia-sb.org/PolicyLegal.aspx?id=1040.

In addition, a new resource, "School Wellness Policy Support Materials and Resources" is available to help schools implement each section of their wellness policy. Please go to www.tinyurl.com/lowa-HKA for more information on Healthy Kids Act or contact Jennifer Neal at jenny.neal@iowa.gov or 281-6192 or Patti Delger at patti.delger@iowa.gov or 281-5676.

Ann Feilmann, New Bureau Chief

Ann Feilmann, started October 21st as the Bureau Chief of Nutrition, Health and Transportation Services. Ann is a Registered and Licensed Dietitian and School Nutrition Specialist. She serves on the School Nutrition Association Iowa Executive Board. Ann comes to us from the Marshalltown Community School District, where she served as the Director of Food Service for the past seven years. Ann is responsible for leading and managing all Child Nutrition Programs administered through the Iowa Department of Education. You can reach Ann at 515-281-4757 or ann.feilmann@iowa.gov.



Congratulations HealthierUS School Challenge Award Winners!

Audubon Elementary in Dubuque, Horizon
Elementary in Johnston, South Hamilton Elementary in
Jewel and Knoxville Middle School have all recently won
HealthierUS School Challenge awards. Audubon and
South Hamilton Elementary schools qualified for Silver
Awards, and Horizon and Knoxville Middle Schools
qualified for Bronze Awards. The HealthierUS School
Challenge establishes rigorous standards for schools' food
quality, participation in meal programs, physical activity,
and nutrition education – the key components that make
for healthy and active kids – and provides recognition for
schools that meet these standards. Iowa is proud to have
all four schools qualify for this prestigious award!

Over the next school year, the U.S. Department of Agriculture, working with partners in schools and the private sector, will double the number of schools that meet the HealthierUS Schools Challenge and add 1,000 schools per year for two years after that. Iowa schools can participate in this model program by going to http://teamnutrition.usda.gov/healthierUS/index.html and learning about the range of educational and technical assistance materials that promote key aspects of the Dietary Guidelines, including a Menu Planner for Healthy School Meals, which provides tips on serving more whole grains, fruits, and vegetables, and lower amounts of sugar, sodium, and saturated and trans-fats in school menus.

For more information on how your school can qualify, contact Patti Delger at patti.delger@iowa.gov or Carrie Scheidel at carrie.scheidel@iowa.gov.

Seven Schools are Pilot Testing New Iowa Gold Cycle Menus

Seven schools in Iowa - Johnston, South Hamilton, Gilbert, Lawton-Bronson, Humboldt, SE Polk and Des Moines Independent School Districts are pilot testing newly developed healthy menus at several school buildings this fall. The new menus are "Chef Approved" seasonal 5-week cycle menus that meet the 2005 Dietary Guidelines for Americans, meet the Gold standard for the HealthierUS School Challenge and include USDA Foods and locally grown foods. The project is made possible with a USDA Team Nutrition grant.

Continued on Page 6

Pilot Testing New Iowa Gold Cycle Menus (Continued from Page 5)

Chef Consultants and ISU Extension Specialists are providing on-site training to the seven schools. Release of the menus for all lowa schools is planned for the spring of 2011. A sample of the new menu choices includes Mandarin Orange Chicken with Brown Rice; Beef Taco Salad; Beef and Bean Enchilada; and Chicken Caesar Wrap. Please contact Patti Delger at patti.delger@iowa.gov or Carrie Scheidel at carrie.scheidel@iowa.gov for more information.

Power Panther ™ is in Iowa!

For a two year period, lowa has been authorized by FNS to have and maintain a Power Panther™ costume for local school districts to use. Schools can call Janelle Loney at 515-281-5356 or Janelle.loney@iowa.gov to reserve the costume for a special event. Power Panther™ is used as a "fun" communication vehicle to convey nutrition and physical activity messages to children. The character interacts with kids through images in materials (stories, activity sheets, comics, songs, etc.), and as a walk-about character.

More information can be found at http://www.fns.usda.gov/eatsmartplayhardeducators/powerpanther/Costume.asp.



USDA Nondiscrimination Statement

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TDD).

USDA is an equal opportunity provider and employer.

Iowa Department of Education Nondiscrimination Statement

It is the policy of the Iowa Department of Education not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, gender, disability, religion, age, political party affiliation, or actual or potential parental, family or marital status in its programs, activities, or employment practices as required by the Iowa Code sections 216.9 and 256.10(2), Titles VI and VII of the Civil Rights Act of 1964, the Equal Pay Act of 1973, Title IX, Section 504 (Rehabilitation Act of 1973), and the Americans with Disabilities Act.

If you have questions or grievances related to compliance with this policy by the lowa Department of Education, please contact the legal counsel for the lowa Department of Education, Grimes State Office Building, Des Moines, IA 50319-0146, telephone number 515/281-5295; or the Director of the Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661, telephone number 312/730-1560, fax 312/730-1576, email: OCR.Chicago@ed.gov